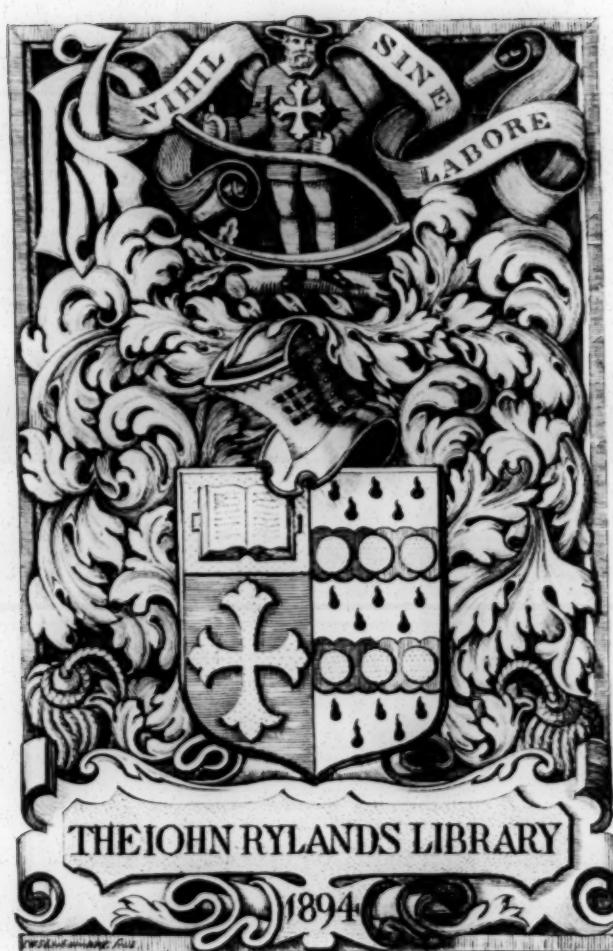


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29.C.

Inaugural Collection

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RFDJ2)

Unknown to Herbert. Gibbons
description of this work is taken
from this copy then in the
possession of Robt. Griffiths, of
whom the Marquis of Blandford
(Duke of Marlboro) bought it.
It was purchased for me by
Griffiths at the sale of the
White Knights Library 1792.

E.B.

In the Library of Peter House,
Cambridge, there is a fragment
of this Book pasted within
the wooden covers of the binding
of an edition (1699) of Donisthorpe's
Lemones.

members of the body

The . v . When it schall be season to be lett bloode

In first I sayde the tokenes of this infirmitie
vii . thynges ought to be noted in the same
The first is whan in a sommers daye the we
ter often times chaungeþ , as in the morning
the wodwr appereth to rayne , afterward it ap
perith cloudy & atte last wynþy in the south

In the seconde token is whan in sommer the
dayes apperith al ferke & like to rayne & yet
hit rayneth not And if many dayes so con
tinue it is to drede of grete Pestilence

In the thirde token is whan grete multitude
of flyes beyn upon the erthe thenne it is signe
the ayer is venemous and enfect

In the fourth token is , whan the sterres se
myn ofte times to falle ; then hit is token that
the ayer is enfecte with moche venemous wa
pours

In the . v . token is whan a blasynge sterre
is see in the element , thenne it shalde fortune
sonaftir to be grete manslaughter in bataylle

In the . vi . token is , whanne there is grete
lyghtnyng and thundre namely oute of the

Here begynneth a litil boke the whiche
traptied and reherced many gode thinges
necessaries for the infirmitie a grete seke
nesse called Pestilence the whiche often ti
mes infecteth vs made by the most expert
Doctour in phisike Bisshop of Arusiens
in the realme of Denmark aic

At the reuerence & Worschip of the bles
sed Trinite & of the gloriouſ Virgyn
saynt Marpe & the conseruacion of the
comyn Welk of alle cristen people / as wel for
them that ben hole as for remedie of them that
been seke / I the Bisshop of Arusiens in the ryal
realme of Denmark doctour of Phisiique Welk
Write by the moost experte and famous doc
tors auctorised in Phisiike somme thynges
of the infirmitie of pestilence Whiche dayly en
fecteth / & sone suffreth vs to de parte oute of
this lyfe

First I wil Write the tokenes of this infirmitie
The second the causes wherof ye cometh
The thirde remedies for the same
The fourth comfort for the herte & the pncipal

yme be Unuersall & sometime particular : ffor
the vole aboue it fortuneth the causes of the bo-
dies aboue in the ayer by Whome the spyrte
of lyfe ys corrupte in a man or in a beste ^{In}
like Wyse as Aupenue sayth in his fourthe
wolke , By the forme of thayer aboue the Bo-
dies benethe lightly be infecte . For thynnes-
lynes aboue corrupteth the ayer / and soo the
spirytes of a man ben corrupte . This infir-
mite cometh also from the vole aboue & byne-
the , Whanne of thynnessions aboue the ayer
is corrupt and of the putrefaccion or wotyn-
careyn of the byle places bynethe an infirmi-
te is caused in a man And such an infirmi-
te sometime is an ayes , sometime a postume or
a swellyng and that ys in many thinges .
Also the ayer inspired sometime is venemous
and corrupt , hurtyng the herte that nature
many wayes ys greued , so that he perceyuech
not hys harme . for the Bryne appereþ fayer
and sheweth gode dygestion / yet neuerthelesse
the pacient ys lyke to dye , wherfore many
Physcions seyng the Bryn of their pacients
they speke supficially and be desceyued Ther-

southe

Ch. vii. token is whan grete Wynnes
passen out of the south they be soule & vncle
therfore whan these tokenes appere it is to dredre
greate pestilence but god of his mylne wille re
meue it

Chese thinges folowynge be the causes of pe
stilence

Ch. viii. Pestilence cometh of thre thinges, so
tyme it cometh fro the vnde bynethe, otherwhile
fro the vnde aboue, so that we may se le sensi
bly howe the chaunge of the ayer appereþ vnd
to vs And somtyme it cometh of boþe togid
der as wele fro the vnde aboue as fro the vnde by
nethe, As we see a sege or prayn next to a
chambre or of any other particular thyng whi
che corrupteth the ayer in his substance & qua
lity whiche is a thinge may happe every daye
And ther of cometh the ague of Pestilence;
And aboue the same many phisicions be de
crysued; not supposyng this ayer to be a Pe
stilence, sometime it cometh of dede careyn or cor
ruption of standing waters i ditches or swa
hes & other corrupt places & these thinges som

nes . To the second question I saye that Peſtilence ſores be contagious by cause of enfeate humours bodges and the reek or smoke of ſuſche ſores is venemous and corrupteth the ayre And therfore it is to flee fro ſuſche persons as be infect : In Pestilence tyme no body ſhoulde ſtanđe in grete preece of people becauſe ſome man of them may be infect Therfore Wyſe Phisic平ens in viſiting ſelue folke ſtanđe ferre fro the patient holding their face toward the doore or Wynndowe And ſo ſhoulde the ſeruauntes of ſelue folke ſtanđe . Alſo it is gode to a patient euery daye for to chaunge his chamber & often ti mes / to haue the Wynndowes opene agenſt the north and eſt and to ſpede the Wynndowes a gienſt the ſouth For the ſouth Wynnde bath . ij . causes of putrefaction The firſt is it maketh a man beyng hole or ſelue feble in their bodges The ſeconde cauſe is as it is Writon in the . iij of Amphoriflyps the ſouth Wynnde greuyth the heeyng & hurteth the herte by cauſe it openeth the poors of man & entreth into the herte Wherfore it is gode to an hole man in tyme of Peſtilence whan the Wynnde is in the ſouth to bee

3

for it is nedē , that every pacient pouyde to
 hym selfe a gode and expreſt Phispcion These
 thynges wryton before are the caſes of Peſ-
 tilence : But aboute theſe thynges . ii . queſ-
 tions be moued . The fyrt is Wherfore one
 dyeth & another dyeth not in a towne wher
 men be dede in one houſe & in another houſe ther
 dyeth none . The ſecond queſtyon is : Whether
 Peſtilence ſores be contagious . To the firſte
 queſtyon I ſaye it may happe to be of . ii . cau-
 ſes That is to ſaye of that thyng that doth &
 of that ihyng that ſuffreth An enſample of
 that thyng that doth , the Influence of the bo-
 dyes aboue , beholdeſt that place or that place
 more than this place or this place And the pa-
 cient ys more diſpoſed to dye than another :
 Therefore it is to be noted that bodyes be more
 hote diſpoſed of oopyn poors than bodyes in
 fect hauyng the poore ſtopped with many hu-
 mours wher bodyes be of reſolucion or openig
 as men whiche abuſen them ſelſe with hym-
 men or vſen often times bathis , or me that
 be hote with labour or grete angre : they haue
 their bodyes more diſpoſed to this grete ſeke :

after the middes of the daye thenne opene the
Wynどdes ayenst the north. Of the same cau-
se euery foule stynche is to be eschewed, of sta-
byl, stynking fel dys Wayes or stretes, and
namely of stynking de de careyng and most of
stynking Waters wher in many places wa-
ter is kept, ii, dages or, ii, nyghaes; Or
ellys ther be gutters of Water casten, Under
theerthe whiche caused grete stynke and corrup-
cion And of this cause some deye in that hous
Wher suche thynges happen, and in another
hous dye none as it is sayde afore Lyke Wyse
in that place wher the wurtes and cooles pu-
trefyed it makech a noyfull sauour & styn-
king For in lyke Wyse as by the swete odour
of balme the herte and the spyrites haue recre-
acion, so of euyl sauours they be made feble
Wherfore kepe your hous that an infecte ayer
entre not in; for an infecte ayer moost cau-
seth putrifaccion in places and houses wher
folke slepe Therfore lette your house be cleane &
make clere fyre of wode flaming, Lett your
hous be made with fumizacion of herbes that
ys to saye with kups of baye tree Jeneper vbe

Within the hous al dayt & yf it schal be neðe a
man to geo oute , yet lete hym abide in hys
hous , tyl the sonne be vp in the Eest passing
southward

Here after folowen the remedies for the
Pestylence

Now it is to wete by what remedies a man
may preserue him selfe fro pestilence , first see the
Writynge of Jeremy the prophete that a man ought
to for sake euyl thinges & doo gode dedes & me-
tely to gesse his sinnes , for whyn it is the hy-
est remedie i time of pestilence , penaunce & con-
fession to be pffered al other medycynes Neuer
chesesse I pmitte you verely it is a gode reme-
dye to wyde and chaunge thyngfect place But
somme may not profitably chaunge their
places Therfore as moche as to them is possible
it is to eschewe euery cause of putrifaciō and
styning and namel y euer y fleschly lust Witch
wynnen is to be eschewed , Also the sothern
wynde whiche wynde is naturally Infectyf
Therefore spere the wyndowes agenst the southe
i like wise as it is sayd before til the first houre

often times drinke in the daye but not moche
to gyder For moche abondance of drynke pu-
tryfieþ the humours . Also be ware hote thin-
ges in metes as Peppr and Garlik , though
peper purgeth the Brayne from fleame and spe-
cially the membris from viscous humours ,
yet it maketh moche hete , and hete falleth in
putrifaction . Bitternes onely is more to plese
than hote or sour or sauour Also garlik though
it purgeth fleame & putte oure euyl humour
and pouked an appete to ete , and suffreth
noo drie ayer to ente , yet it troubleth the ey-
en and maketh the heade hote therfore it ys not
good to ete garlik The Pestilence groweth of
ten times of an hote cause , therfore alle metes
the more they be of lighc digestion : so moche
they be the better . In the morning ete boyl-
led mete , at euyn rosted , forbere broth and
potage withoute chybe eygre In the tyme of
this sekenesse of Pestilence eygre metes be mo-
che better than other metes . Also forbere ale
frutes But if they be eygre , as cheryes or po-
mr garnates or a litell of a pere or a lyttell of
apple By wye of Medicine by cause alle frute

Breth of another **G**Also of infecte ayer a mās
eyen be made dyngme yf he bese not thise for
sayde thinges in hys hande ? also it is holsem
that ye Wasche your mouthē · face · eyen and
handes often times in the daye With rose Wat
meddled With Vynegre And yf ye haue noo
rose Water take Vynege : And so thise thynges
used ye may goo surely emonge the people **A**l
so a naturall laxe of the bely is a greate remedy
ellps puoke a laxe by a suppositorie craftely
use pipilles pestilentialles for they be gode they
be in tha pappotary shoppes **A**lso kepe fyre alle
waye in your hous For it letteþ moche the
Impressions of the bodyes aboue and clarefy
eth the ayer . **A**lso it is proufitable as wel for
hole & selke folkes to drynke Tryack Therfore
take it . ii . times a daye With clere Wynchym
phat or With clere wose Water or With clere ale
Take a quātite of Tryack & . ii . sponefull of
clere Wynchym or wose Water or ale , dissolute the try
ack in the cuppe and drynke it and dyne not
tyl the myddes of the daye so that the Tryack
maye haue his operation · thenne chese a gode
disshe With mete and drynke clere Wynchym and

tree : Also it is gode to wisse your handys
ofte times in the daye with water and synes-
gue and wipe your face with your handys &
smelle to them Also it is gode al wylle to sa-
uer our aygge thynges . In the mount of Pess-
salane I myght not eschewe the company of peo-
ple for I wente fro houes to houes by cause of my
pouerte to cure felke folkes : therfore bode or a
sponge soppid in synegge I tolde with me hol-
dyng it to my mouthe and nose be cause alle
aygge thynges stoppen the wayes of humours,
and suffreth no venemous thynges to entryn
to a manrys body & so I escaped the pestilence
my felawes supposing that I shold not lyue.
These forsayd chynges I haue pured by my selfe

Here foloweth the comfortes of the herte &
of the principall membris

The comfortes of the herte be these , saffron
Canifer Mantegyn with other herbes , they o-
pyn the inward spryte and these be gode emong
the comynge people wherlyt it happeneth that
one is infect of another , therfore be ware the

riorgani it is in the apothicary shoppes Worm;
Wode / rede / nubwort & of the tree of aloes Whi
che is besie but it is dore / Suche a fume taken
By the mouth & eezys openeth thyndward par
tes of the body . Also it is teschede alle grete
replecyons by cause full bodyes be lightly in
fecte As auycenne saych in the fourth canon
They that chargen their bodyes with replecio
shorten their lyff . Also compyn bathys are to
be escheded , for a litle crust corrupteth al the
body . Therfore the people as moche as is pos
sible is to be escheded / lest of infect brethys som
may be infect ; But whan the multitude of pe
ple maye not be escheded , thenne use the reme
dies folowyng . In the morwyng whan ye
ryse , wessle a lytil rede & one or two fyberd
nottes clene with salte & ete them and yf that
can not be had than ete brede or a woste soppyd
in Vynegre namely in troublous & cloudy we
dry . Also in the tyme of pestilence it is bet
ter to abyde within the hous , for it is not hol
som to goo in to the Cite or towne . Also lette
your hous be sprenklyd specially yf somer with
Vynegre and roses and with the leups of Vyn

Wher he is duced pouys to the berte & to other spe
cial mēbres so that vnethe ony herbe may take
a way suche pouys whiche sholde not be if a man
wolde be moevynge to & fro. But somme wold axe
therfore sholde slepe be eschewed. I say shortly
that i pestilence time anon after mete yf a body
list to slepe, thenne such a lust ought to be for
borne by a space walkynge in the gardyns or
feldys, and thenne make a naturall slepe by
the space of an houre after mete; and therfore
Guyenne wrieth that if a man wolde slepe
he must drinke a gode draughte of ale or wyne
afore, by cause a man beynge a slepe draweth
many humours & the euyl humours be putte
doun by thumours of a gode draughte. But
somme wold understand how may a man fel
than he is infecte. I saye that a man whiche
is infecte, that daye eteth not moche mete.
For he is replenysched with euill humours &
forthwith after dynner he hath luste to slepe &
felte grete heate under colde? also he hath grete
payne in the forhede, but alle these thinges he
maye putt awaye by moevynge of a space
þer and thider to ryde or to walke he may

endureth putrifaction . Ete conuement spyc
ces as gynger cynamum compyn matis & saf
fron : These be the best sause that may be made
for riche people . For poure Take redde sage fil
bertes nuttes percellly With vynegar mynst to
gyder These be gode & letteþ putrifaction . To
be myry in the herte is a grete remedie for helth
of the body . Therfore in tyme of this grete in
firmite beware ye dred not deth But kyue me
relþ and hope to lyue longe

AFor the Letting of blode

Leetting of blode ones in the moneth may
be made but aage or other thinges forbide hit
as pilgryms or feble persones Whiche haue the
flipe , suffre to be lette blode in the wyne cal
led **Basilica** on the ryght or lyfte side , before
eting and after incision of the **Basilica** be me
ry and drynke Wyne or ale or bire temperate
ly . slepe not that daye When **Basilica** is cut
If ye fele you greued to be infecte than eschede
slepe & be walking & moeving For by slepe them

For a lytell bledyng meuech stongely the se;
nym as it ys sayd afore . Also a man wher
ther he be infect or not yf he be lette blode . let
 hym forbere slepe al that daye tyl midnyghte
 following . and alwaye lette blode that wyne
 vpon that syde of the body wher the swelling
 appereth Therfore yf a swelling appere vnder the
 right arme lette blode in the middes of the same
 arme in the wyne called Mediana / yf it ap
 pear vnder the lyft arme lette hym blode i the
 myddes of the same or in the wyne of the ly
 uer Whiche ys aboue that lityl fyngre . and
 yf it be aboute the share / lete him blode aboute
 the hale vpon the same syde / yf the swelling be
 in the necke / lette hym blode in the wyne cal
 led Cephalica aboute the thombe in the hande
 of the same syde . or in the wyne the whiche is
 called Mediana of the same arme / or in the
 hande of the same syde aboute the lytell fyn
 gre And ouermore yf the swelling appere a
 bouthe the eere lette hym blode in the wyne cal
 led Cephalica of the same syde Or in the wyne
 whiche ys betwene the longe fyngre and the
 thombe / lest many venemous thynges ge

not for stucht of the body and the weyghte of
the same . Also a man the whiche is infecte
hath lust to slepe euery houre of the daye and
nighte . For the venym bayingn within the bo
dy troublith the spiryte of lyff so that alle
waye he wolle rest and slepe And so of these
tokens a man schall knowe and fele hym selfe
infecte And yf a body wille not helue thys
Abydethe middes of the daye and than anon
he schall fele a swellying vnder the arme or a
boute the shane or aboute the ecrys and ther
fore see an hys and a gode medycyne / for bere
slepe be cause of tho thynges afore sayde and
reherced And it is playne that the spyrte of
lyfe resteth in slepe and al the body here and
there is venymed , Alle these thynges I haue
pued by my selfe These thinges knownen whan
a man feleth hym selfe infecte as sone as he
may lette him be lette blode plenteously tyl he
be swoune thenne stoppe the wayne . For a sy
till letting of blode moeueth or styreth venym
And yf it be so that a man wille not haue ma
ny waynes cutte to gyder , then lett hym suffre
the wayne cutt to reue til the blode withdrawe

cause such a swelling putteth oute alle euyll
and maketh a man verray hole And that the
soner a swelling may be made ryue / take this
medycyne as foloweth : Bruse the leauys of an
Elder tree & putte thereto grounde mustard , &
make a playster therof and putte it vpon the
swelling : Somme surgeons wille put Try
acle vpon the swelling , but doo not so for tri
acle putteth out venym Therfore drynke Try
acle for that putteth out the same . Also ther
is another medycyne Take sengrene hyl wort
otherwyse called wilde tym me maudelyng grasse
plantyn and a lityl rye floure and bryke alll
these to gyder tyl ye see Water come oute therof
Medill that Water with Womanes milke &
gyue it to the pacient fasting before slepe & it
wille werke to better for to remeue the swel
lyng : Also for the swelling whan hit apped
Take silberd noottes fygges & rewe , Bruse
them to gyder & laye it vpon the swelling
¶ These remedyes be sufficient to eschewe thy
grete sekennesse With the helpe of god To whom
be euila stastynge laude & praysing Worlde With
outen ende ¶ M E N

into the Brayne, or lette blode the wryne whyn
che is aboute the lytil syngre that ys named
by the phisicions basilica And if a swellying
appere in the sholdres lesse it with ventosite and
first lesse the wryne called Mediana, If the
swelling be on the backe, lesse it apon the wry-
ne called pedica magna & alle these thinges be
made yf a man slepe not before the knoddleche
of the swellying But and yf he fele such swel-
ling after slepe, chenne on the contrarie parte
the letting of blode must be made, As yf the
swelling appere in the right arme lette him blode
in the lyfte arme in Epate or basilica or media-
na And yf a swellying appere Under the lyfte
arme, lette him blode in the right arme in ly-
ke wise as yt is sayd of the lyfte arme And
so of other places of the body, lete blode on the
contrarie parte of such swellying And if the
letting of blode be verray litell and feble then
lette the pacient slepe after the myddes of the
daye and at wryte in the middes of the daye he
must be in continuall meuyng ridyng or go-
yng moderatly: And afterward yf the swel-
lyng groewe lette hym not be aferde of dethe by